

OET Case Notes

Occupational Therapy · Beginner · Advice letter · to Patient

oetwritingcorrection.com

Occupational Therapy — Advice Letter on Joint Protection for a Patient with Rheum

THE CASE NOTES

Patient: Mrs Carmen Diaz, 46 years old; newly diagnosed rheumatoid arthritis; wrists and MCP joints affected; working as a primary school teacher

Joint protection principles taught: (1) Distribute load — use the whole hand or forearm rather than fingers alone (carry bags on forearms, not by handles; use two-handed mugs); (2) Avoid sustained grip — set a timer, change position every 20 minutes when gripping (writing, cooking); (3) Use the largest/strongest joint — push doors with upper arm or hip, not hands; open jars using palm rather than fingers

Pacing: Plan tasks to alternate light and heavy work; rest before getting to pain level; morning stiffness is usually worst — plan cognitively demanding work before physically demanding tasks later in the day if possible

Equipment given: Two-handled mug, jar opener, easy-grip pen; given a catalogue of further aids available

Work: Discussed keyboard adaptations and pen use at school; advised to inform school about the condition so adjustments can be planned

When to contact: If pain or swelling significantly worsens, or activities become substantially harder — return for reassessment

Task: Write an advice letter to Mrs Diaz explaining the three joint protection principles and how to apply them in her daily life.

Task: Write an advice letter to Mrs Diaz explaining the three joint protection principles and how to apply them in her daily life.

WHAT TO INCLUDE

- + **The three principles with a practical daily example each**
Joint protection principles taught without examples cannot be translated to daily life. 'Distribute load' is abstract; 'carry bags on your forearm rather than gripping the handles' is actionable.
- + **The 20-minute grip timer and pacing between tasks**
Sustained grip is the most common aggravating factor for wrist RA at work. The timer is a simple tool that prevents sustained load without requiring the patient to judge when to rest.
- + **The contact instruction: return if pain significantly worsens or activities become substantially harder**
RA is progressive. The patient needs to know the OT is available for reassessment as the condition changes, not just for the initial visit.

WHAT TO LEAVE OUT

- **A full rheumatological explanation of RA joint inflammation**
One sentence of context is appropriate: 'Joint protection helps reduce the strain on your joints during daily tasks, slowing down the impact of rheumatoid arthritis.' The disease mechanism belongs in the rheumatology consultation.
- **The full equipment catalogue**
The patient has the catalogue. Listing every aid in the advice letter pads the word count without adding value. Name the equipment given today; the catalogue covers the rest.

OET Case Notes

Occupational Therapy · Beginner · Advice letter · to Patient

oetwritingcorrection.com

CRITERION IN FOCUS · CONCISENESS & CLARITY

OT joint protection letters are graded on whether each principle has a concrete daily application. 'Use the largest available joint' without an example is incomplete — 'push doors with your upper arm or hip rather than your hand' completes the instruction. Examiners check each principle for its application example. A principle without an example is a Content gap dressed up as a Conciseness problem.

Write this letter, then get it marked at oetwritingcorrection.com/oet-writing-services

oetwritingcorrection.com